



AUGUST
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COMMON
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FOR DETAILS

COSTNER ACTOR PLAYS MUSIC FOR THE LOVE OF IT COUNTRY ROCKFEST

{page 4}



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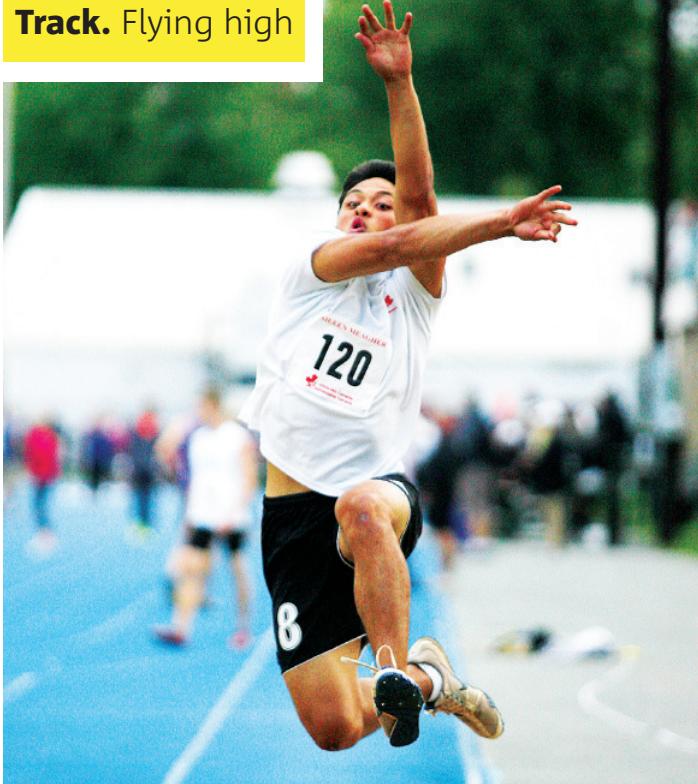


Wednesday, August 4, 2010 •
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Track. Flying high



► JP Wellington soars through the air yesterday during the men's long jump at the Aileen Meagher International Track Classic at Huskies Stadium. Wellington finished in fifth place while Pierre Landry finished first.

RYAN TAPLIN/METRO HALIFAX

No cuts to size of council

► Coun. Gloria McCluskey says she doesn't want Dartmouth 'diluted' any more than it is ► Council also debated the powers of community councils

JENNIFER
TAPLIN
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Sixteen? Nope. Eighteen? No. And not 20 either.

After more than five hours of debate yesterday, Halifax regional council voted to keep the number of councillors at 23 plus the mayor.

Council was tasked by the Utility and Review Board to examine district boundaries in advance of the 2012 election to make sure all districts are within 10 per cent difference in population.

The original motion was to reduce council to 20, but an amendment was made to reduce it further to 16.

"Let's go big or go home," encouraged Coun. Brad Johns.

Several councillors said a reduction would mean more work for them and less service for their constituents.

Sixteen was voted down, so was 18. Reducing districts to 20 resulted in a tie vote, therefore defeating the motion.

At that point Coun. Steve Streatch said he had no choice but to vote for the status quo because otherwise it would be "picking numbers out of a hat."

But that doesn't mean change isn't coming: The 23 district boundaries will need to be moved around to comply with the provincial order.

MORE COVERAGE, PAGE 2

Continuing education

All you need to know about learning even more {pages 19, 20}

Does he mean it this time?

Report says quarterback Brett Favre set to retire, again {page 22}

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Allan Small tells investors why the safest bet isn't always the best bet, at metronews.ca/investing

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Officials shore up defences as power plants become targets for hackers. Scan code for story.

Colin likely to lose steam: Expert

Tropical Storm Colin could be heading our way by early next week.

But Colin would most likely lose most of his thunder before reaching the East Coast of Canada, said Chris Fogarty, program supervisor for the Canadian Hurricane Centre in Dartmouth.

"If it does affect us, my

estimate is around August 9 to 11," he said, adding that's only if the storm continues on its current track.

Fogarty said Colin, the area's third tropical storm of the season, is weak right now and couldn't say whether or not it would eventually reach hurricane status.

'Tis the season

- Hurricane season officially began in early June.
- However, most storms hit between August and October.

The system approaching the southeastern Caribbean Sea from the At-

lantic had maximum sustained winds of 65 kilometers per hour yesterday as it was upgraded to a tropical storm from a tropical depression.

The storm was located about 945 miles east of the Lesser Antilles islands, with its current five-day track predicting a path towards the East Coast of the

United States.

Last year's two big storms for Nova Scotia — Bill and Danny — both hit the coast in August.

Back in May, the Canadian Hurricane Centre predicted between 14 and 23 named storms this season, eight to 14 of which will be hurricanes.

• ALY THOMSON

Debate heats up in marathon session



RYAN TAPLIN/METRO HALIFAX

Four-pad arena over budget

As the four-pad project in Bedford goes up, so does the cost.

An extra \$628,528 is needed because they had to move the building a little, explained Philip Townsend, the municipality's infrastructure manager.

"It's not unusual to have cost increases of 10 to 15 per cent on every build," he told council yesterday.

But several councillors expressed concerns about cost overruns. Dartmouth Centre Coun. Gloria McCluskey said she was al-

\$39M

The budget for the four-pad arena before the cost overrun.

ways worried about going forward with such a big project without federal funding. "And now we're seeing the results of that," she said.

A \$400,000 grant from the Green Municipal Fund will help with the majority of the cost overrun.

• JENNIFER TAPLIN

RYAN TAPLIN/METRO HALIFAX
► The under-construction four-pad arena in Bedford.

- Some councillors believe reducing the number of seats would increase their workload dramatically

JENNIFER TAPLIN
@METRONEWS.CA

There was yelling and banging on the table as councillors argued their views on democracy in a marathon council meeting yesterday.

"A reduction in council representation is nothing but an assault on the democracy of all citizens of HRM, and it's a situation that will cause hardship to all those who are at risk of having their voices heard the least," said Coun. Jackie Barkhouse.

But Coun. Steve Streatch said council is too top-heavy and needs to change. Some districts have 13,000 people and others have 21,000.

"This is not an affront to democracy, it's an opportunity to enhance democ-

racy," he said. "The ability to make a decision is debilitated by the number of people in this room."

Coun. Dawn Sloane said they need to fix how they govern first before changing their numbers.

Going down to 16 is "the disembowelment of democracy," she said.

News in brief

Building's fate deferred

COUNCIL. A decision on the Khyber Building was put off until a future council meeting because some councillors didn't have enough time over the long weekend to go over the documents.

HRM council is looking at a recommendation to turn the building on Barrington Street into an arts and culture "incubator."

They will decide on a three-year strategy to set up programming and studio space for local artists.

Council backs long census

SURVEY. HRM weighed in on the long form census debate yesterday. Council voted to send a letter to the federal government to encourage them to bring back the long form census. The feds are replacing the long form census in 2011 with a voluntary survey because of privacy concerns.

• METRO HALIFAX

MacKay Bridge to be shut down over weekend

► The second of two new expansion joints to be installed ► Macdonald Bridge will be open

 ALY THOMSON
HALIFAX@METRONEWS.CA

Another scheduled bridge closure is sure to cause headaches for many motorists this weekend.

The MacKay Bridge will be closed to all traffic from Friday at 8 p.m. until Monday at 5:30 a.m. for a continued summertime maintenance project.

This summer's weekend closures have spawned many aggravated drivers and even caused several accidents on the Macdonald Bridge during the beginning of July, according to police.

Allison MacDonald,



► The MacKay Bridge will be closed again this weekend.

communications manager for Halifax Harbour Bridges, advises motorists to "give yourself some extra time" because of the

closure.

"It is the weekend and there's a lot going on," she said. "We've planned these bridge closures on the weekend ... because traffic is less during the weekends. We do our best to stay out of the way of the travelling public."

An additional closure is scheduled for the following weekend. Macdonald said if the weather co-operates, next weekend should be the final full closure of the summer.

The maintenance project costs \$7.4 million. Half is provided by the bridge commission, with the rest coming from federal infrastructure dollars.



► Pretty summer sighting.

RYAN TAPLIN/METRO HALIFAX

Butterfly brilliance

A butterfly lands on a globe thistle in a Halifax garden yesterday.

Alleged abuse of N.S. teen probed in Ontario

Police in Ontario are looking into allegations a young boy was abused by staff at a home for troubled youth.

Sgt. Kristine Rae, a spokeswoman for the Ontario Provincial Police, says they are investigating the case of a 15-year-old boy from Nova Scotia who is living at the Bayfield treatment facility in Consecon, Ont.

The boy's family, who cannot be named to protect the youth's identity, say he told them two staff members threw him to the floor, punched him in the ribs and kneeled on his throat late last month.

THE CANADIAN PRESS

Injuries

► The boy's grandmother says he suffered a black eye, cuts on his head and scratches all over his body.

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Channel swimmer home this week

A Halifax woman who recently swam across the English Channel will be welcomed home later this week and will even take a dip across the Halifax Harbour.

Kristin Roe, who completed her 29-hour Channel swim July 23, will be in her home city Friday to be greeted by friends, family, Mayor Peter Kelly and the general public.

The event runs from 6:30 to 9:30 a.m. on the Halifax waterfront beside the Halifax ferry terminal.

Roe will swim across the harbour and talk about her experiences overseas.

From her swim across the Channel, Roe hopes to raise \$100,000 for the Stephen Lewis Foundation.

COURT

MacIntosh appeals convictions

A 67-year-old Nova Scotia man convicted of sexually molesting two boys in the 1970s is appealing both sets of convictions.

Ernest Fenwick MacIntosh was found guilty last month on 13 charges of indecent assault and gross indecency.

Justice Simon MacDonald of the Nova Scotia Supreme Court rejected MacIntosh's claims the sex was consensual and occurred



►Kristin Roe, right, reacts to seeing family and friends at Toronto International Airport last week.

"I can't believe I've done this. I'm still elated."

HALIFAX'S KRISTIN ROE ABOUT SWIMMING ACROSS THE ENGLISH CHANNEL.

tion and the Nova Scotia Gambia Association.

● ALY THOMSON

when the men — whose identities are protected by a publication ban — were in their late teens.

Defence lawyer Brian Casey, who filed the appeal Friday with the Nova Scotia Court of Appeal, says motor vehicle records contradict the timelines described by the victims.

The defence also argues the judge gave too much weight to the testimony from the victims, despite rejecting some of their stories of abuse.

The charges against MacIntosh go back 15 years in a case that required extradition from India in 2007.

THE CANADIAN PRESS



Man hurt in violent bike theft

Police are investigating a robbery after a man was assaulted for his bike Sunday in Dartmouth.

Shortly before 11 p.m., the victim was approached by a group of five or six men and one woman in the area of Pleasant and Stephen streets.

Police said one of the men threatened the victim and demanded his bike. The victim turned over his bike and was assaulted. ● METRO HALIFAX

Group behind in payments

Nova Scotia Economic Development Minister Percy Paris says he wants to see a loan repayment plan from a group that borrowed more than \$1 million in taxpayers' money about four years ago.

The Rocky Lake Development Association received a \$1.5-million loan in 2006 to buy land, which is now the site of a sports dome.

The CBC reported yesterday while the terms of the loan include yearly interest payments, none has been made. THE CANADIAN PRESS



►Kevin Costner & Modern West will be performing Saturday at Country Rockfest at the Halifax Common.

Actor set to 'play for the people'

► Hollywood movie star bringing guitar, not film crew, to Halifax for Country Rockfest ► Band's sophomore record now on store shelves



PHILIP CROUCHER
@METRONEWS.CA

Everyone knows the name Kevin Costner.

What everyone doesn't know about this Hollywood movie star is his passion doesn't just extend to film.

"You get that a lot," Costner tells Metro Halifax about those not knowing he's also the lead singer of his own country rock band. "But two minutes into a show, that all washes away. It has to. It just has to."

"I think there's an opportunity to really engage and it's an opportunity I look forward to each time we get that chance."

That next time comes Saturday as his band Kevin Costner & Modern West is performing on the second day of Country Rockfest at the Halifax Common.

Costner and his band

have been performing for five years and have two albums to their credit. But if you have never seen major promotional work for his records by the man known for movie hits like *Dances With Wolves* — or mis-hits like *Waterworld* — there's a simple reason.

He doesn't want to.

For Costner, it's not about using his name to get people to love his music. He wants to let the

music do his talking — and if people love it, they love it.

"One person at a time. One concert at a time," he explains.

Jackson headlines Saturday

Kevin Costner has never played the same show with Alan Jackson before — so he'll be watching as the music star headlines

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KEVIN COSTNER ON PROMOTING HIS ALBUMS

Costner, who describes his band as country and rock 'n' roll with urban roots, has never been to Halifax, but points out, "It's one of those places on the map that I heard of many times."

As for what people can expect on stage from his group: "For sure loud" and performing "almost as long as we're allowed to."

"We've come a long way to be up there so we want to play for the people," he says.



Saturday's Country Rockfest. "I don't know if his curiosity is piqued by who we are, but we'll certainly make sure we go watch his set," Costner says.

● PHILIP CROUCHER

**News in brief**

CHARLES KRUPA/THE ASSOCIATED PRESS

► Workers and family from Hartford Distributors gather.

Workplace rampage kills 9

MANCHESTER, CONN. Officials say a warehouse driver who was asked to resign his job at a beer distributor went on a shooting rampage yesterday morning, leaving nine people dead, including himself.

THE ASSOCIATED PRESS

Mass killings mourned

CHINA. Residents of rural Yuanshi county mourned the deaths of 17 people killed by a drunk driver's homicidal rampage yes-

terday. The killings occurred Sunday beginning at the killer's workplace, where he killed his employer.

THE ASSOCIATED PRESS

Families watch 6 teens drown

SHREVEPORT, L.A. Six teenagers wading in the shallows of a Louisiana river drowned in front of their horrified families after falling into deep water. None of the teens or nearby adults could swim. The deaths happened Monday in the Red River, in a popular recreational area where sand bars give way to six-metre depths.

THE ASSOCIATED PRESS

Protesters plead for shrine

WARSAW. Protesters scuffled with police yesterday but managed to prevent Polish officials from moving a cross erected outside the presidential palace in memory of the late president Lech Kaczynski.

THE ASSOCIATED PRESS

Army tracks Afghans using biometric device

► Enrolment voluntary for Afghans unless they are suspicious

Iris scans, fingerprints and facial recognition software — the battle against the Taliban has gone decidedly high tech in the traditionally low-tech nation of Afghanistan.

"Certainly the changes the last few years in terms of what's being employed over here in the counter-insurgency fight is pretty amazing," said Lt.-Col. Shane Gifford, assistant chief of staff for Task Force Kandahar.

"Five years ago it would have been Buck Rogers stuff," he said, referring to the TV and comic-book character.

Biometric technology is being used at the ring of security checkpoints being set up around Kandahar city. Canadian operating bases on the

outskirts are also being equipped with it.

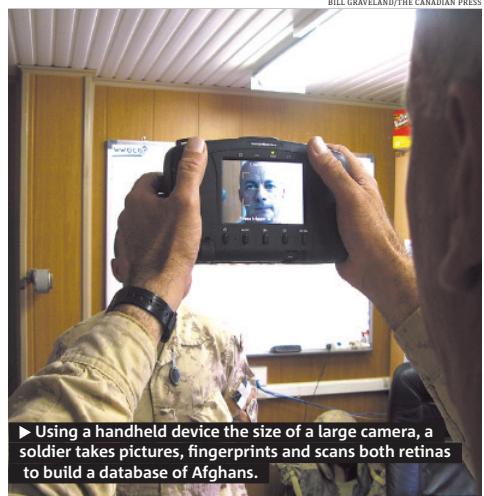
It is the HIIDE Series 4, or Handheld Interagency Identity Detection Equipment. The technology has been around for some time but it is a new tool in the battle against the Taliban, or anyone who sets roadside bombs.

The scanning process takes about six minutes and includes the person's name, address and photo.

The information is instantly transferred to the database of ISAF, NATO's International Security Assistance Force.

"What we do is we update our guys once a week when there's more and more data," said Warrant Officer Sylvain Ledoux as he demonstrated the procedure for reporters.

"So there's around



► Using a handheld device the size of a large camera, a soldier takes pictures, fingerprints and scans both retinas to build a database of Afghans.

25,000 people in there on the watch list. If there is any match on a bad guy, we'll find out ... When you get an iris match, you do have a match," he said. Ledoux said there are some villages where the people want to join and, in effect, get something like a national identity card that would help clear them of suspicion.

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Does RIM's Torch have heat to beat iPhone?

► Latest BlackBerry faces tough battle in crowded market, say experts ► Saudi Arabia joins UAE in ban on services

Research In Motion officially unveiled its latest smartphone yesterday, a new touchscreen model with a slide-out keyboard designed to challenge Apple's iPhone, but analysts questioned whether the Torch is innovative enough to woo consumers.

The new BlackBerry will be released in the United States next week for \$199 on a two-year contract, while Bell, Rogers and Telus all say they plan to offer it in Canada, with Rogers saying a release will take place "in the coming weeks."

The phone is packed with consumer-friendly features, including built-in



► The BlackBerry Torch

links to social networks like Facebook, Twitter and MySpace, and has a slide-out QWERTY keyboard to appeal to users frustrated by

typing on touchscreen keypads.

Ian Lee, MBA director at Carleton University's Sprott School of Business, is a self-professed BlackBerry user and said he had mixed feelings about the announcement.

"Today's product launch was absolutely crucial in trying to turn around the decline in the market share that's occurring right now," he said.

"I'm sure it's bigger and better and faster and more powerful, but at most they caught up today to Apple's iPhone and I'm not sure they even caught up."

THE CANADIAN PRESS



► The Escalade SUV has a price tag of at least \$62,000 US.

GREG BAKER/THE ASSOCIATED PRESS

Escalade is thief magnet

The blinged-out Cadillac Escalade SUV, a favourite of rappers and A-listers like Tiger Woods, is also the vehicle most targeted by thieves, according to an insurance industry group.

Market moment

DOLLAR	Natural gas	OIL	TSX
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PHOTO BY AP/WIDEWORLD

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Percentage of growth in the U.S. economy for the second quarter of 2010. Many economists believe growth will dip further.

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Just sayin'

PAUL SULLIVAN



**Paul Sullivan's
Just Sayin' column
will return Aug. 18**

LEARNING A LESSON FROM NOAH

On the chance the Gulf of Mexico oil spill threatens some sea creatures with extinction, naturalist Jack Rudloe hopes his laboratory can save them.

Rudloe has launched Operation Noah's Ark, using his four-acre facility an hour south of Tallahassee, Fla., to preserve more than 350 different specimens — everything from sharks to starfish, shrimp and batfish — in an environment that includes a grassland and duplicates high and low tides. And he's not doing it two-by-two. The fiddler crabs, for instance, number around 50,000.

"We have this endless supply of critters and water out there," said Rudloe, 67, whose enchantment with the Gulf and its

inhabitants dates back some 40 years. "We have to get as many animals in there as we can and then if the conditions permit, be able to put some of them back and get some things started."

Though the broken oil rig has been capped since mid-July and little heavy crude is visible on the Gulf, Rudloe said he's still committed to the project.

"I don't believe that the oil is gone," Rudloe said. "It's still out there in cold water, little tiny droplets that could come spilling

Helping hands

Naturalist Jack Rudloe has received some outside help since the spill.

- ▶ **Separator** Pennsylvania-based Martin Marine shipped a \$25,000 water-oil separator that Rudloe said could save the day, sifting out petrochemicals.
- ▶ **Tanks** He will also use roughly 50 large water tanks to store "healthy seawater" to maintain hundreds of other critters, including sea urchins, sea cucumbers, sponges, sea horses and spinybox fish.

"If everything is dead, the marshes are black, the water is foul ... we still want to keep the

up here in the wrong conditions of one or two hurricanes."

Rudloe's Dicker-son Bay laboratory is about 20 miles from the easternmost point where oil has been reported on Florida's Panhandle. Still, he worries about oil fouling his 50 tanks, which use saltwater pulled through an 800-foot pipeline from the Gulf. He is installing filtration systems just in case.

place going," Rudloe said. "We would have to have live support systems where we can keep things alive."

Rudloe estimates the project could cost \$1.2 million U.S. He can't afford that kind of financial hit, coming at a time when his wife — noted marine biologist Anne Rudloe — is battling a serious illness. The non-profit, licensed facility, which attracts about 18,000 visitors annually, depends on admission fees, memberships and donations.

A New York native who moved to Florida in his early teens, Rudloe, who is self-taught, has joined with his wife to write books on the Gulf ecosystem along with articles for National Geographic, Sports Illustrated and other publications.

THE ASSOCIATED PRESS

Cartoon

SMARTPHONE MARKET:

MICHAEL DE ADDER



Health and numbers

Letters & Tweets

HALIFAX. On June 26, the federal government announced Canadians would no longer be required to complete Canada's long-form census.

Doctors Nova Scotia is concerned that the alternative — a voluntary survey — will not be able to provide the necessary credible data to guide health-care policy and program development in our province.

The information gathered from the long-form census is critical to the development and delivery of health-care programs and services.

Reliable information is

Data decision



key when meeting the challenges that face our health-care system.

**JANE BROOKS, PRESIDENT,
DOCTORS NOVA SCOTIA**

Re: "Forest bathing" aids well-being (Aug. 3)

TORONTO. I wish to thank Metro for printing the article by Celia Milne. These are heritage

trees. Milne brought to our attention the importance of forests and our well-being.

It was perfect timing since the United Nations has declared 2011 as the International Year of Forests to raise awareness, preserve and conserve all types of these forests for generations to come.

EDITH GEORGE

Lady Gaga:
Hot or not?

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Metro has the right to edit letters and submissions.

Metro Minute with Rob Lutes

Widely known for his gritty and heartfelt delivery, Rob Lutes is bringing his world-class singing voice to The Carleton in Halifax tonight.

Lutes has been critically acclaimed by the Toronto Star for his raspy voice and honest and eloquent lyrics. The singer-songwriter, who was born in New Brunswick but now resides

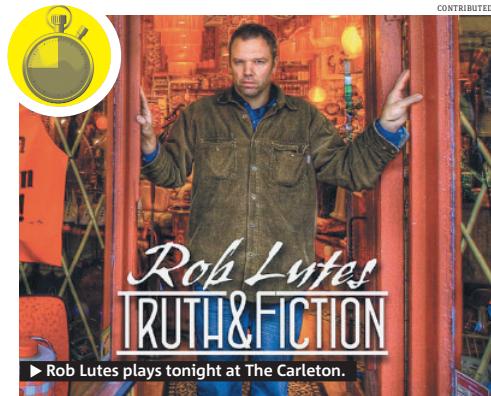
in Montreal, has even been known to include some improvisational magic in his live performances.

Lutes released his fourth studio album, *Truth & Fiction*, in 2008.

He will be performing alongside Nova Scotia's own the Hupman Brothers at 9 p.m.

Tickets are \$15.

● METRO HALIFAX



► Rob Lutes plays tonight at The Carleton.

metro

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Buddy cops team for comedy gold

Will Ferrell and Mark Wahlberg breathe new life into genre with *The Other Guys*

STEVE GOW
SCENE@METRONEWS.CA

The *Other Guys* certainly isn't Hollywood's first buddy cop movie. It's not even the first one this year — thanks to February's *Cop Out*.

With *The Other Guys*, however, comic Will Ferrell and Oscar-nominee Mark Wahlberg aim to revitalize the long-standing genre that has flourished since the 1980s with favourites like *Beverly Hills Cop*, *Stakeout* and *Lethal Weapon*.

Commonly comprised of two opposing lawmen, the buddy cop movie may be a perennial favourite, but the real question is, how true to life are these films?

"Certainly I think they sex them up a bit for Hollywood," said Cam Woolley, a retired 30-year Ontario Provincial Police officer and now a television reporter on Toronto's CP24. "(But) most people probably wouldn't believe how much of it is true."

Ethnicity often plays a central factor in many of these films (*48 Hrs*, *Rush*

Hour), but they aren't completely reliant on cultural distinctions. More importantly, the main characteristic of all buddy cop films has to do with the interdependence between distinct personalities.

"(In movies), they're usually dissimilar and that's where you have half the fun where you have these two characters that don't fit very well," said Woolley. "And that's true because the police aren't usually picking their partners for a

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variety of reasons ... but you ultimately have to depend on each other."

Whether it's such big-ticket blockbusters as *Bad Boys* or a Canadian hit like *Bon Cop, Bad Cop*, it's that conflicting alliance that creates the perfect contrast for classic comedy.

Short mixes it up for *The Cat in the Hat*

Martin Short says he mixed a bit of insanity, friendliness and childlike frivolity to come up with his vocal take on the high-spirited *Cat in the Hat*, but don't go looking for tell-tale signs of his other famous personas, such as the manic Ed Grimley or the obtuse Jiminy Glick.

The Hamilton-born actor, who has used his outrageous vocals to create memorable characters such as outrageous wed-

ding planner Franck in the *Father of the Bride* series, says he wanted to make his latest kooky incarnation as unique as possible, while still staying true to spirit of the Dr. Seuss books.

Short's twist on the beloved children's hero can be heard in the new animated series *The Cat in the Hat Knows A Lot About That*, billed as the first TV show based on the literary feline.

"You probably go from a source of energy, a source of animated voice, and you actually try to avoid the other characters because then they say, 'Oh, he's just doing Ed Grimley.'

The Treehouse series is drawn from the beginner book collection, *The Cat in the Hat's Learning Library*, and features a boy and a girl who learn about nature and science with the help of the know-it-all Cat.

THE CANADIAN PRESS



"He's got to be friendly and insane and animated and filled with a kind of childlike frivolousness to engage these kids."

MARTIN SHORT

The end of *Twilight*

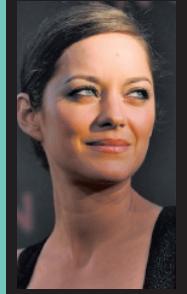
Twilight fans will get their final taste of the vampire series when the second half of the finale hits theatres at the end of 2012.

The *Twilight Saga: Breaking Dawn — Part 2*, is scheduled for release Nov. 16, 2012. Summit Entertainment announced yesterday. The first half is coming out Nov. 18, 2011.

THE ASSOCIATED PRESS



News in brief



Christopher Nolan's *Inception*, which stars Marion Cotillard, will be released in China, the country's film importer said yesterday, giving a lucrative foreign market to a sci-fi thriller that already has become a global sensation. China Film Group will give the Warner Bros. production one of its coveted 20 annual slots for revenue-sharing imports.

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Obama, Lady Gaga earn spots on *Vanity Fair's* best-dressed list

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10

metro scene

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WEDNESDAY, AUGUST 4, 2010

Will.i.am distraught over Michael Jackson album

► Black Eyed Peas frontman says release of new material 'disrespectful'

A new Michael Jackson album is expected by the end of the year, culled from unreleased material in his vaults.

But Jackson collaborator and Black Eyed Peas frontman will.i.am is vehemently opposed to the idea.

"I don't think that should ever come out. That's bad," he said. "He was a perfectionist and he wouldn't have wanted it that way. How you gonna release Michael Jackson when Michael Jackson ain't here to bless it?"

Will.i.am collaborated with Jackson on the rerelease of Thriller in 2008 with remixed versions of some of the album's classic songs.

He said Jackson was very particular about all aspects of his musical productions, from his vocals



► Will.i.am collaborated with Michael Jackson on the rerelease of Thriller in 2008.

**"So what? You
don't disrespect
someone when
they're gone....
How much can you
suck from his
energy? ... Freaking
parasites!"**

WILL.I.AM, WHEN ASKED ABOUT
THE HIGH DEMAND FOR ANY NEW
JACKSON MUSIC

what he already contributed to the world?"

The Jackson estate did not respond to a request for comment.

Not much is known about what will be on the album, but Michael's brother Jackie has said he and brother Marlon were working on the record with John McClain, Jackson's former manager and executor of his estate.

THE ASSOCIATED PRESS

to arrangements to instrumentation.

"Now that he is not part of the process, what are they doing? Why would

you put a record out like that? Because he was a friend of mine, I just think that's disrespectful," he said. "What's wrong with

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McCartney a big fan of Glee, wants songs on show

► Show's creator has a Super Bowl tribute episode in the works, also a Britney Spears-centric show planned

Glee co-creator Ryan Murphy thought he was being "punked" when a fan note arrived from Paul McCartney.

But Murphy discovered that the pop legend is an admirer of the hit Fox TV show and wants his music to be part of it.

McCartney enclosed a mix of some of his tunes, including Michelle, and asked Murphy to consider using them on the series about high school misfits in a glee club.

"I was gobsmacked. I grew up with that guy. So, of course, we are going to do something," Murphy told the Television Critics Association's summer meeting Monday.

The former Beatle won't be the only familiar name associated with Glee when it returns next season.

Susan Boyle, the unlikely Britain's Got Talent discovery, is in talks to be part of the Christmas episode, Murphy said.

Another hour will feature the songs of Britney Spears, and the show is wooing a major artist, whom Murphy wouldn't identify, for a tribute episode to air after the Super Bowl next year. Last season there was a Madonna episode.

But Glee aims to be more intimate instead of "going bigger and over-stuffing season two," said Murphy, also an executive producer on the show.

THE ASSOCIATED PRESS



► Glee creator Ryan Murphy.

Preview

► There will be a spotlight on some of the secondary characters, such as scheming cheerleaders Santana (Naya Rivera) and Brittany (Heather Morris). The tribute episodes will be kept to just two or three and feature fewer songs.

► Glee, which melds pop songs, high school hijinks and drama into an upbeat hour, is the leading nominee at the Aug. 29 Emmy

Awards with 19 bids, including best comedy series and seven acting nods for its cast and guest stars

► Glee isn't becoming a wallflower. The cast went on a sold-out tour, there's a Glee novel, titled, Glee: The Beginning, and Murphy said he hopes for publication of a Sue Sylvester autobiography — with Jane Lynch, who plays the sadistic cheerleading coach, going on tour in character.

Seacrest unsure of Idol judges

American Idol host Ryan Seacrest says it could be weeks before the guessing game over the show's new judges comes to an end.

At auditions for the Fox TV singing contest Tuesday in East Rutherford, N.J., Seacrest said he didn't know how big the revamped panel will turn out to be.

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Housewives to perform for charity

Cast members from Bravo's The Real Housewives of New Jersey are going off-Broadway.

An announcement yesterday says Teresa Giudice, Ashley Holmes, Jacqueline Laurita, Caroline Manzo



Teresa Giudice

and Lauren Manzo will join the cast of My Big Gay Italian Wedding for four performances Sept. 1-4. The comedy is playing at St. Luke's Theatre. A portion of the proceeds from tickets sales and from tickets sold to a post-show party on Sept. 1 will benefit Marriage Equality New York, which works to raise public awareness for equal marital rights.

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Jamaica.....8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....9.9 ¢
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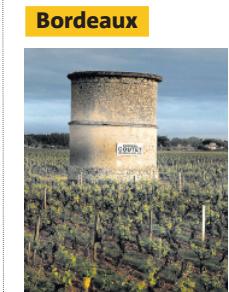
Fall for French wines

► The Bordeaux region is no longer just for the bourgeoisie

There's something noble about Bordeaux wines, and it's not just the proud heritage of their 100-year-old vines, their prominent place in viticulture history or their world-renowned quality.

It's also the "noble rot" responsible for creating some of the region's sweeter wines, which are being paired more frequently with main courses alongside their better-known Bordeaux counterparts.

Some people use the term Bordeaux generically, the way others might ask for a Cabernet, but Bordeaux wines actually come in several distinct varieties, such as sweet white wines and dry white



Bordeaux

How to get there and what to do

- **Travel** Getting to Bordeaux is an easy one-hour flight from Paris, or a little over three hours on a high-speed (TGV) train.
- **Call ahead** Unlike visits to other wine regions most visits to vineyards and wineries should be arranged in advance, and need an appointment.

wines, in addition to several different types of red wine. The Bordeaux region has multiple microclimates, fuelled by rivers that wrap around the area in the southwest of France.

And from these microclimates and variations in terroir (the vineyard soil and other growing conditions), winemakers are coaxing wines that are smooth and lush, rich and

complex, with one eye on past traditions and one on the future. The diversity of Bordeaux wines can be explored in person, in places like Saint-Emilion, about an hour's drive from the city of Bordeaux. One of the main red wine areas of Bordeaux, Saint-Emilion's wineries employ similar growing, harvesting and winemaking techniques, though its silky red wines are a stark contrast to those of its nearby neighbours.

Once a standoffish community, the region has begun to open its doors more in recent years and average travellers are discovering its beauty.

THE ASSOCIATED PRESS



Top picks

Travel find this week:

- 1 **Get wet:** When it opened in early June 2010 about a half-hour's drive east of downtown Ottawa in the small town of Limoges, Calypso became Canada's largest waterpark, with slides, games and numerous ways to get and stay wet. calypsopark.com



- 2 **Deals:** Bid on a selection of hotel packages for everyone from the discerning luxury traveller and those seeking a quick getaway to deals targeted towards family journeys at LuxuryLink.com



After attracting visitors for a generation, Texas version of Stonehenge to move

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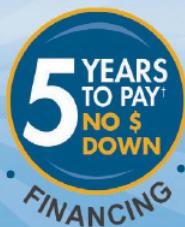
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THINGS TO DO



LOMÉ

► Cross the Togolese border to the port city of Lomé where thousands of buyers and sellers meet daily to haggle over anything

VOODOO DOLLS

► Don't let the unknown put you off. The fetish section is fascinating, from the juju dolls to the furry trinkets and animal skulls

TURTLE TALES

► Ada Foah on the Volta Estuary is one of the most of important nesting and breeding sites for endangered marine turtles.



Days on end.

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► Colourful: Ghana is a riot of energy and life.

Goin', goin' Ghana

► The heat of Accra is matched only by the energy of its residents

 ROMINA MCGUINNESS
TRAVEL@METRONEWS.CA
METRO WORLD NEWS IN LONDON

**"Akwaaba!"
Welcome to
Ghana ..."**

Why go now?

Bordering the Gulf of Guinea and wedged between Ivory Coast and Togo, Accra is one of Ghana's hippest cities. The capital's boundless energy is contagious and obvious in all aspects of everyday life. It's loud too — whether it's the women pounding fufu (maize paste) or haggling over the price of fried plantain on the sidewalk. Voodoo belief and influence leaves its mark too and impossible to ignore is the Ghanaians' love of a good party.

It's my first time. What should I do there?

Ghana's coastline is some 500 km of unspoiled beach lined with coconut and palm trees and Labadi Pleasure Beach is the most popular one in Accra. Put your feet up and relax on your sun lounger as you get a quick mani-pedi on the spot or join in a game of Frisbee or beach volleyball.

I've been before. What should I see this time?

Drinking a pint of Guinness at Ryan's Irish Pub

may seem like the wrong thing to do, but strangely, it's wonderful. Try out a tro-tro, local commercial buses that will zoom you up and down every alleyway of Accra, showing you exciting new places. Spend an afternoon visiting the fishing port James Town and then climbing to the top of the old Lighthouse for some spectacular views over the Atlantic Ocean.

Where's the best place for shopping?

Loom (117 Kwame Nkrumah Ave) is the best place for high-end local arts and crafts. African glass pearls, ebony statuettes and intricate wood-carvings can all be found here. For the most elegant textiles there's no place like Woodin's whose reputation for beauty and quality of print is respected throughout West Africa.

What's the nightlife like?

Accra's nightlife is a whirlwind of song and dance and keeping up with the local pace is tough. Start with a dinner of sushi or crocodile tail at Monsoon. Get yourself into the swing of things at Indigo (near Danquah Circle), a trendy club located within an old embassy building. Near Oxford Street is Lizzie's, ideal for those who want to keep on dancing into the night and like their hip-hop.

London full of capital class

► The city is awash with hotel rooms which means the traveller is allowed to be picky. ► We've selected five of our current favourites ...



"London's cut-throat market means the customer is in charge."

There are more than 110,000 hotel rooms with three stars or above in London — more than anywhere else in Europe.

Which means the traveler has their pick of some of the best accommodation on the planet.

The city has everything from the sprawling chain hotels (efficient but dull) to the tiny B&B's of Kings Cross (choose very carefully).

But at Metro Travel we think a hotel in a major city with cut-throat competition should serve up excellent value with lash-

ings of style and customer feel-good factor.

Here's five of our current favourites.

10 MANCHESTER STREET

10 Manchester St.

Handy for: The Planetarium, Madame Tussaud's

Tube: Baker Street

Lovely, ever-so-British boutique hotel seconds from mega-busy Oxford St. but somehow tucked down a sleepy side street that feels a little bit Mary Poppins. Lovely quality inside. Elevator is a bit poky but the rooms are fresh and airy, restaurant is excellent, and there's an outside terrace for cigar smoking.

THE KINGSLY

126 Southampton Row, Bloomsbury

Handy for: Covent Garden, British Museum, West End, Eurostar

Tube: Russell Square

Actually owned by mega-brand Thistle this is a foray into the boutique sector. And it's highly successful. Good position a stone's throw from the British Museum in the Bloomsbury of Dickens and Woolf, and great rooms. Good value too. thistle.com

CALICO HOUSE

42 Bow Lane

Handy for: St Paul's Cathedral, Monument, Tower of London

Tube: Mansion House

Not really a hotel but a serviced apartment in the heart of the City. The closest thing you'll feel to actually 'living London' rather than just being a tourist — and for hotel prices. Hidden down a tiny lane which feels fantastically Dickensian the concierge-governed apartment is modern yet homely. And you get a fridge not a mini-

bar! chevalresidences.com

THE CADOGAN HOTEL

75 Sloane St., Knightsbridge

Handy for: Harrods, Buckingham Palace, Natural History Museum

Tube: Knightsbridge

Okay, this is a pretty big hotel, but it's just a bit fab. This 1887 gaff is Oscar Wilde's old hang out (he was arrested for gross indecency here) and the mantle has been passed on to the city's more contemporary celebs. But ignore that and drink in the wonderful interiors and, if you can afford, the brilliant Langtry's restaurant. cadogan.com

CHARLOTTE STREET HOTEL

Charlotte St.

Handy for: Theatres, West End



► London calling: 10 Manchester Street

Tube: Goodge Street

Ultra-trendy London media hangout, with suitably cool (if pricey) bar. Flash the credit card though and this is a properly chic hotel. Restaurant is good

rather than genius but the buzz is palpable and properly exciting. Generally great rooms and wonderful drawing rooms downstairs. firmdale.com



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Grilled steak sandwiches

► Treat hungry gang at the cottage to hearty sandwiches with whole-grain mustard sauce

Ingredients:

Beef Steak Sandwiches

- 1 tri-tip rump roast, about 750 g (1 1/2 lb) and 4 cm (1 1/2 inches) thick, fat and silver skin removed
- 8 slices sourdough bread, each 1 cm (1/2 inch) thick
- 30 ml (2 tbsp) unsalted butter, softened
- 1 bunch watercress

Paste

- 30 ml (2 tbsp) whole-grain mustard
- 15 ml (1 tbsp) chopped

- fresh rosemary leaves
- 15 ml (1 tbsp) kosher salt
- 2 cloves garlic, minced
- 5 ml (1 tsp) ground black pepper

Sauce

- 30 ml (2 tbsp) whole-grain mustard
- 30 ml (2 tbsp) mayonnaise
- 15 ml (1 tbsp) extra-virgin olive oil
- 5 ml (1 tsp) red wine vinegar
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) black pepper

frigerate for 1 hour.

- 2 In a small bowl, combine sauce ingredients. Refrigerate until ready to use. Allow roast to stand at room temperature for 15 to 30 minutes before grilling.

- 3 Prepare grill for direct and indirect cooking over medium (180 to 230 C/350 to 450 F) heat.



► Grilled steak sandwich with whole-grain mustard sauce.

One of the most juicy and tender beef cuts, rump or tri-tip steak, is ideal for these marvellous grilled sandwiches with whole-grain mustard sauce. It's a perfect choice for a cottage patio lunch or supper.

Preparation:

- 1 In a small bowl, combine paste ingredients. Rub paste all over roast; cover with plastic wrap and re-

- 4 Brush cooking grates clean. Grill roast over direct medium heat until well marked on both sides, 8 to 10 minutes, turning once or twice. Then move roast over indirect medium heat and cook until it reaches your desired doneness, 15 to 20 minutes for medium

rare, turning every 5 minutes or so. Keep lid closed as much as possible during grilling. Remove from grill and let rest for 5 to 10 minutes. Cut roast across grain into 5-mm (1/4-inch) slices.

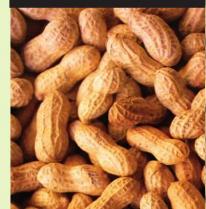
- 5 Brush bread with butter and grill over direct

medium heat until lightly toasted, about 1 minute, turning once.

- 6 Spread about 5 ml (1 tsp) of the sauce on 4 slices of the bread; place a layer of meat on top and then some watercress. Top with remaining bread.

THE CANADIAN PRESS

Superfood: Peanuts



To be or not to be.

Peanuts are not nuts — they are actually part of the legume family, and are more closely related to the chickpea than the cashew.

The peanut is high in good monounsaturated fats, which reduces the risk of heart disease. They are also a better source of antioxidants than apples, although this is no excuse to replace them in your "5-a-day count" as they still have a high calorie content.

The breakdown: A cup of peanuts (114 g) is 862 calories, 76g of fat and 40g of protein.

● METRO WORLD NEWS

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What's the right way to resign?



► It's best to be simple and to the point when tendering a resignation. Do not go over the top.

For many job-hopping careerists, there are few workplace rituals so hard as saying 'so long'

DREW HINSHAW
METRO WORLD NEWS

"People dread it," says *Surviving Dreaded Conversations* author Donna Flagg, who views the quitter's apprehension as a self-centred sentiment.

"People come and go, companies move on," she says. "It's not as devastating as the person resigning makes it in their head."

Don't let that resignation guilt lead you to pen an overly personal resignation when you tender your resignation. Flower your two-week notice with paens to your corporate overlings and the document could wind up decorating a courtroom counter evidence table — exhibit A — should you ever need to sue the company for unpaid wages or salary discrimination.

"Write a letter with one line," suggests *How Can I Change Careers* author Nick Corcodilos. "I hereby resign my position with X-Y-Z. That's it. Be friendly, respectful, professional, upbeat, but do that stuff orally."

Feel like the blameless protagonist exiting a play about corporate absurdity? It doesn't matter, Flagg remarks. "Bow out gracefully," she advises. "It's not worth giving them a huge 'f-you' on your way out. We bump into the same people in our career."

Yet don't allow your post-resignation talks to turn into negotiations. Despite what an overbearing boss may plea, two weeks is a sufficient heads-up — "It's the bare minimum," Flagg estimates, "but at the same time, I don't think there's any need to do four or six."

More treacherous is the is the chief of industry who tries to raise your resignation with a counter offer — a dicey proposition Corcodilos warns to never entertain "under any circumstances."

"If your company tries to buy you out like that, the money has got to come from somewhere," he explains. "Typically, it comes from your next raise review."

Melodrama

UofGuelph aims to save more dogs

EDUCATION The University of Guelph says it will employ more resources in a Ontario Veterinary College (OVC) summer programs to reduce the number of young beagles that die during training. This summer, 10 out of 20 dogs have died in a program that allows immigrant vets to obtain their credentials to work in Ontario. The dogs, which are bred specifically for use at OVC, have died as a result of spay and neuter surgeries. UoGuelph's director of communications says additional resources in the future will help keep more dogs alive in order to adopt them out.

[ACADEMICA.CA](#)

WWII vet leaves \$1M to UNB

EDUCATION Second World War veteran Joseph Flanagan has left a \$1.34-million bequest to the University of New Brunswick to support student scholarships. The gift will fund the Joseph A. and Kathleen A. Flanagan Memorial Scholarships for students from New Brunswick taking science and engineering programs. [ACADEMICA.CA](#)

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Be savvy in your exit interview

Parting ways? It won't be easy if Human Resources has its way.

These days, getting and quitting a job involves a roughly identical amount of corporate passage rites — from legalistic forms to fill out to statements to sign. But perhaps no ritual is as arcane as the final threshold: The exit interview. You, an HR rep and a voice recorder, reminiscing on the employee handbook-prescribed lives you shared.



Author Nick Corcodilos — "the cockroaches of the HR world."

"They just survive," he says. "I really think companies do them out of sheer habit."

"If a company wants to find out what employees

think, why don't you ask them while they're still working there?" he asks. "Why wait until they're leaving?"

Navigating an exit interview, like any goodbye, is a theatrical art — and while many a worker may relish the chance to discharge a few parting shots, career coach Hallie Crawford recommends bidding adieu with diplomatic understatement.

"Try to not single out any one person unless you are pressed to do so," she advises. "Keep things professional, not personal." She continues, "Consider what criticism is really worth bringing up." **DREW HINSHAW**

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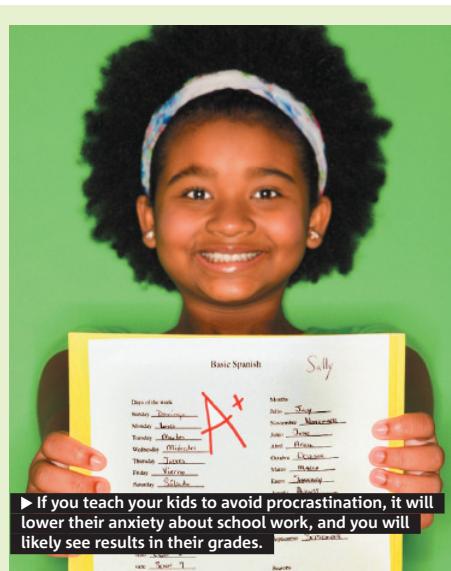
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Confidence spells success

A new school year is fast approaching and once again children have a brand new slate. If we take time now, say education professionals, to stir up some excitement for learning, the usual back-to-school anxiety will not only be reduced, it will be replaced with a growing confidence.

Parents can lay the groundwork with these confidence-building tips from Kumon Math and Reading Centres:

- Develop a regular study time every day. Ask your child if he or she works best right after school, just before dinner, or immediately after dinner — and while flexibility is required, do ensure that the study time is a habit that occurs every day.
- Help your child to manage assignments and tests by spreading the work out. Remember, procrastination feeds anxiety. Encourage your child to be prepared and begin assignments early.
- Take an interest in what your child is learning by asking questions and offering ideas. This gives your child an opportunity to review work and extend learning. Encourage your child to ask for help when needed.
- Review your child's homework each day to ensure completion and to support the development of good study habits.

More information is available online at kumon.ca, or on Facebook at facebook.com/kumon.

NEWS CANADA

Offering help a key to success



NEWS CANADA PHOTO

► With a new school year fast approaching, homework will once again become a nightly activity

Making homework a positive and productive experience is something that every parent aims for. According to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time to teach their child to actively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses from more than 1,200 Canadian parents, more than half of the children who actively engage their parents in homework support perform at an average to above average level at school.

Also, children who engage their parents in the homework process enjoy more dynamic support.

Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for your child. Here are some key tips on finding that balance, from Kumon Math and Reading Centres:

Know the homework policy:

Ask about the kinds of assignments students are expected to complete, the anticipated length of time it takes to complete assignments, and the expectations for parent involvement.

Getting started

If your child is having trouble getting started, provide some assistance.

- Have him or her choose a question that they know how to do. Do the first question, fill in the first blank or read the first paragraph together. Ask if he or she can do the second one alone and reassure your child that you'll be available to help if there are any further stumbling blocks.

volvement.

Establish a routine:

This means determining a regular time each day in a distraction-free environment with all of the tools and resources at hand, such as pens, pencils, paper, ruler, scissors and a dictionary.

Reinforce study habits:

Help your child to structure his or her time before assignments are due. Discuss the steps that are required and map it out with respect to the amount of time it will take to complete the assignment.

Provide support:

If you are not available, ensure that someone is available and follow up with your child by asking about his or her homework. NEWS CANADA

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Homework habits can make or break grades: Survey

Did you know in the time it takes to prepare a meal for your family or enjoy your favourite re-run of Grey's Anatomy, you can positively impact your child's academic performance?

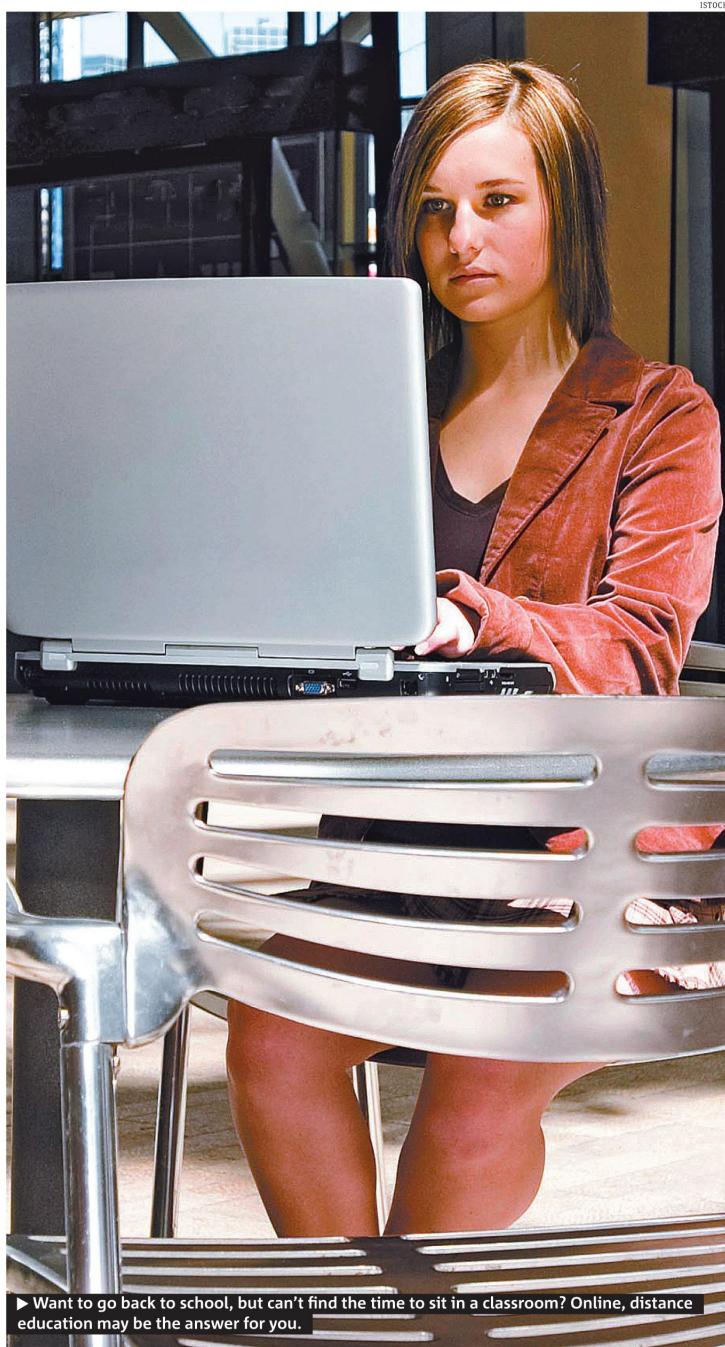
According to findings from a survey on education conducted by Ipsos-Reid, children who are performing at an above average level in school are spending 12 minutes more per night

on homework than their struggling counterparts. In short, the children who spend those extra minutes studying are reaping the benefits of a richer educational experience that translates to success in the classroom.

"So how do I add 12 minutes to my child's homework routine?" Use that time to discuss the assignment with your child once it is completed. This is a wonderful

way to reinforce the concepts just studied, gauge your child's understanding of what he or she has learned, determine what support he or she may require, and emphasize the importance of continued, consistent study. This advice is courtesy of Kumon Math and Reading Centres, the world's largest after-school math and reading program (kumon.ca).

NEWS CANADA



Back to school without the classroom

► Online/distance education is the way to go if you don't have time to sit in a building ► Flexible schedules, freedom in learning style are big draws

 **JON TATTRIE**
METRO CANADA

If you want to continue your post-secondary education, but don't have time for the classroom, online/distance learning could be your salvation.

Laurel Smith, virtual programs administrator at Mount Royal University in Calgary, says students with children or jobs are drawn by the flexible schedule.

Hot courses

- The most popular online courses in Halifax tend to be ones that are basic prerequisites to further offline study, such as math.
- In Toronto, business courses like accounting and project management rule the online world.
- Ottawa universities have popular online courses in food microbiology and food quality and safety.
- In Calgary, tourism-related courses like event management do well while Edmonton offers many information technology programs.
- In Vancouver, creative classes such as writing are hot.

"They have a lot of freedom in the style of learning and can learn in a way that best suits their needs," she says.

Mount Royal gets students straight out of high school and students returning after decades in the workforce.

Most students take online courses in their own communities, showing location is less important than convenient times.

Derek Taye at Halifax's Dalhousie University says courses are delivered via a "blended learning" model mixing offline with online.

In a 14-week course, there would be three of four concentrated days in an actual classroom in Halifax, Toronto, Ottawa, Calgary or Vancouver.

Online parts include real-time lectures via video, discussion forums and live classes.

Students use live streaming to ask questions other students and professors can hear and respond to, along with IM chat and blog-style discussions.

The key is to make the experience invisible.

"[Students] aren't here to figure out computers, they're here to learn," Taye says.

Keeping it cutting edge

Derek Taye says while Dalhousie University keeps its online learning at the cutting edge of technology, there needs to be a balance with what professors and students are technically capable of doing.

As "digital natives" move through the system, they will push deeper into the online possibilities.

Online classroom programs such as Wimba, Elluminate or WebEx and Flash bring lessons alive, while Adobe e-learning suites focus on demonstrating computer concepts. Professors can use tablet PCs to write out solutions to problems live online with a virtual chalk board.

Some classes are synchronous, or in real time, while others are asynchronous, or on the student's time.

● JON TATTRIE

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Set yourself a work schedule

► It's tempting to let online work slide, but cramming won't work



With no professor watching over you or other students hanging out to discuss Philosophy 101, online learning requires strong internal discipline to stay the course.

Peggy Watts, director of distance learning at Halifax's Mount Saint Vincent University, says it can be tempting to let work slide.

"People have to set themselves a schedule," she says. "Students should be watching the lectures every week and keeping up with the work. The person who leaves

"It's really important to establish relationships with other students."

PEGGY WATTS, MSVU

them all to the night before the midterm is not going to do very well."

For extra motivation, email, Skype or telephone your professor when you don't understand something. That personal relationship will keep you on your toes.

Lorna Prediger works at the University of Calgary's department of continuing education and is also an online student. She says students who miss real classes will likely skip virtual ones, too.

The live courses are an important chance to connect with students and professors, she says.

In between those, professors set regular deadlines for group discussions and assignments. Stick to them, Prediger advises, and enjoy the benefits of attending class when it works for you.

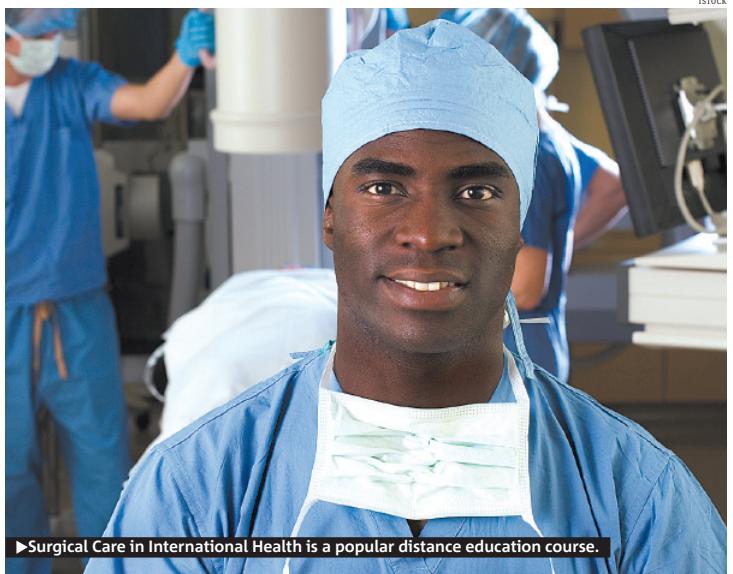
How to hang out online

Old-school distance learning meant you had little contact with other students, but now you can virtually be best buddies with classmates in Cape Breton or Toronto.

Course-management programs like Moodle and Blackboard are popular open-source systems where students and professors can meet to exchange notes and receive feedback.

Students can also friend-up fellow students on Facebook, follow each other on Twitter and set Skype study dates to enhance the sense of a learning community.

● JON TATTIE
METRO CANADA



► Surgical Care in International Health is a popular distance education course.

A wealth of choice



Canadian schools offer a well-rounded mix of online courses in just about any subject. Here are a few online courses and programs around the country Metro found that might catch your interest.

the basics of the travel industry and what it takes to start a career. Case studies involving international travel, niche travel, group travel and conventions as well as a look at all types of travel and accommodations. Visit onlinelearning.humber.ca.

Edmonton

- Surgical Care in International Health (University of British Columbia): A program that teaches marketing, financial management, communications and advocacy in the art world. Offered through ecampusAlberta.ca.

Calgary

- Human Resource Management Certificate (University of Calgary): Teaches essential skills for staffing, employee and labour relations, compensation and health and safety. Suitable for people starting a career or HR professionals who want to expand their knowledge and skills. Visit conted.ucalgary.ca.

Halifax

- Certificate in Police Leadership (Dalhousie University): A program that trains supervisors and managers in the police force, particularly people who want to take their police career to a management level. The well-regarded program counts people in the RCMP and Provincial Police in Ontario and Quebec amongst its graduates. Visit collegeofcontinuing.dal.ca.

Toronto

- Taking Off in Travel (Humber College): An overview of

- the planning and execution of surgery in low- and middle-income places of need around the world. Learn how to meet the burden of unmet surgical needs and how to orchestrate a professional response around the world. Visit olt.ubc.ca.

Ottawa

- Creative Writing (Algonquin College): An eight-course program looking at the features of writing in



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Local hero falls short at Meagher

► American Natasha Hastings wins two gold medals at Halifax meet **► Olympian Adrienne Power, billed as Canada's fastest woman, cites illness after finishing fourth in 100 metre race**

JON TATTRIE
FOR METRO HALIFAX

American Natasha Hastings dominated the Aileen Meagher International Track Classic in Halifax last night.

Hastings, who won gold at the 4x400 metre race at the Beijing Olympics, won the women's 200- and 400-metre races in front of about 400 people at Huskies Stadium.

"I felt pretty good. I



► Adrienne Power

knew it was going to be a good race," said Hastings.

Olympic sprinter and East Jeddore native Adri-

enne Power, billed as Canada's fastest woman, finished a disappointing fourth in the 100 metres and was a last-minute scratch for the 200 metres.

Power, who won the 100 and 200 metres last year for this event, said she was sick and felt a ball in her hamstring before the 100 metres. She ran anyway, but her physiotherapist advised her to drop out of the 200 metres.

"I felt good for three laps and then I pushed it. I figured out I shouldn't have pushed it with 200 metres to go."
**B.C.'S BRIAN MARTINSON,
WINNER OF THE GEEZER MILE.**

"The Aileen Meagher is my curse," said Power, who on Friday defended her 200-metre title at nationals in Toronto. "It was

an amazing field tonight and I feel terrible for not taking advantage of it."

Power next competes Aug. 9 in Moncton.

In the men's 800 metres, Halifax's Geoff Harris finished sixth in a race won by Alberta's Jaden Ostapowich.

"I haven't quite found my race this season," Harris said. "I just didn't have the legs at 700 metres. It's disappointing ... but it's awesome to race at home."

4 sports

Sports in brief



1 The Boston Bruins have signed forward Tyler Seguin.

2 Ryan Howard has gone on the DL after hurting his left ankle.

3 A botched surgery nearly killed Jacques Demers, the former NHL coach said in an interview.

METRO NEWS SERVICES

Nova Scotia's Sim, Bowness re-up

The New York Islanders have agreed to terms on a one-year contract with winger Jon Sim of New Glasgow.

Sim had 13 goals and nine assists in 77 games last season, his third with the Islanders.

In other news, Rick

Bowness is coming back for a fifth season as a member of the Vancouver Canucks coaching staff.

The NHL team announced yesterday that Bowness, who is from Grand Lake, will be returning as the club's associate coach. THE CANADIAN PRESS

Dry's Thomas honoured

Dartmouth Moosehead Dry outfields Matt Thomas is the Nova Scotia Senior Baseball League player of the week. Thomas had three doubles, five singles, five stolen bases, scored eight runs and drove in four as the Dry went 4-0.

METRO HALIFAX

Moosehead left off under-18 roster

Halifax Mooseheads forward Brent Andrews didn't make the Canadian men's under-18 summer hockey team.

The 17-year-old was one of 40 players invited to a four-day training camp in Calgary last Saturday, but the 2011 NHL draft hopeful

didn't make one of the 22-spots on the roster announced by Hockey Canada late yesterday.

The Hunter River, P.E.I. forward was the lone Moosehead invited to the camp. Overall, four players from the QMJHL made the team. METRO HALIFAX



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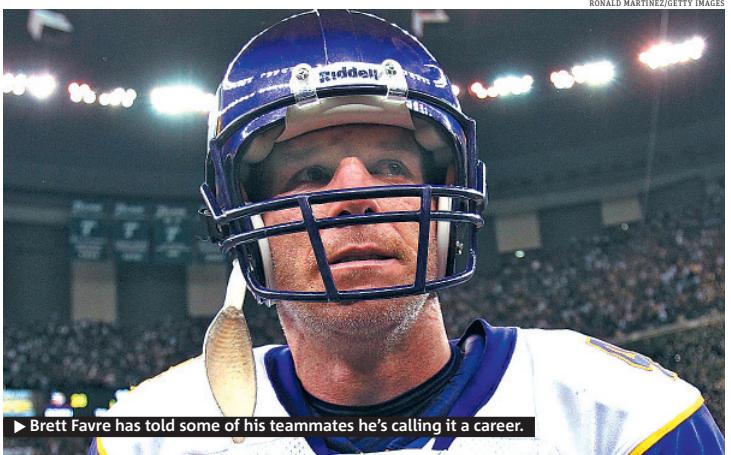




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metrosports



Game over for Favre?

► Vikings teammates say quarterback told them he's done with football ► As always, things could change

Even though Brett Favre has told some of his teammates he's calling it a career, the Minnesota Vikings are hoping for one last change of heart from the quarterback who just can't stay retired.

Favre has started to contact teammates and Vikings officials to say he will not return for a 20th NFL season, tight end Visanthe Shiancoe said last night.

"He told a couple guys on our team he's going to retire," Shiancoe said. "He

hasn't told me yet. I'm going to check my phone right now, but it hasn't been said publicly yet so I don't know what to believe."

Earlier yesterday, a person with knowledge of the situation told The Associated Press that the 40-year-old Favre contacted the Vikings to say he wouldn't return this season because his injured left ankle is not responding as well to surgery and rehabilitation as he had hoped. The person spoke on condition of

anonymity because no official announcements were made.

Coach Brad Childress said Favre had not told him directly that Favre plans to retire as of yesterday morning. The coach would not confirm Favre's status with the team, calling it a "fluid situation," and he was unavailable for comment after the evening practice.

"I'm not a big hearsay person," Childress said. "I gotta hear it from the horse's mouth."

THE ASSOCIATED PRESS

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Sports in brief

Shaq gets closer to Celts

NBA. A person with knowledge of the negotiations says the Celtics are making progress on a deal to bring Shaquille O'Neal to Boston.

THE ASSOCIATED PRESS



Altima Hybrid sedan best of both worlds

► If you don't fancy full-on hybrids like Toyota Prius and Honda Insight, Nissan offers a great alternative ► Model easy and pleasant to drive

LORNE DRURY
DRIVE@METRONEWS.CA

Hop in, push the starter button and your Nissan Altima Hybrid is ready to go.

It's as simple as that and not nearly the complicated process that many might expect if you are not educated in the operation of a gas-electric hybrid vehicle.

Unlike the Toyota Prius and Honda Insight, which

are designed from the ground up as hybrids, the Altima Hybrid is a standard four-door Altima sedan, outfitted with a hybrid power train.

Nissan says it set out to make the Altima one of the best performing large front-wheel drive sedans on the market. The hybrid version adds better fuel economy and fewer emissions to produce a more environmentally friendly vehicle.

With few changes from the 2009 model, the 2010 Altima Hybrid is really an easy and pleasant vehicle to drive. It has a well-designed, comfortable interior and, for 2010, offers an optional Leather Tech Package (\$4,900) that includes a number of features including leather seats, Bose audio system and rear view monitor.

Also new for this model year is a refreshed front fas-

cia and grille, newly styled 16-inch alloy wheels and standard folding mirrors with integrated turn signals.

The Altima Hybrid power train starts with Nissan's tried and true 2.5-litre four-cylinder gasoline engine. It is combined with an electric motor, producing a hybrid system power rating of 198 hp, and it can travel an estimated 1,300 km between fill-ups.

The specs

2010 NISSAN ALTIMA HYBRID

- VEHICLE TYPE Four-door sedan
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- FUEL ECONOMY 5.6L/100 km city and 5.9L/100 km highway

Up and down

GPS Jedi

Owners of TomTom navigation systems can now be guided by the greatest Jedi of them all — Yoda — thanks to a downloadable voice skin.



Car arguments

According to a new survey, getting lost is the biggest cause of arguments in cars. More than 60 per cent of the people questioned in the survey for British motor retailing retailer Halfords, said arguments had erupted because of their partner's rubbish navigation.

“My shoes don’t have a lifetime warranty,[†] but my brake shoes do.”

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Ford Drive one.

Kia's UV0 bows to command

- Kia's in-car voice-recognition can understand over 1,600 commands
- System comprehends two voices and can set priorities for each one

DRIVING FORCE

JIL MCINTOSH
DRIVE@METRONEWS.CA

It's becoming easier to talk to your car. Voice-activated controls, which allow you to operate such devices as stereo or navigation system by telling them what to do, are now simpler thanks to features such as Kia's UV0.

UV0, meaning "Your Voice," is based on Microsoft's Windows Embedded Auto software and allows users to give simple, quick voice commands. It will be introduced in upcoming new Kia models.

"There are over 1,600 commands, and it's a very smart voice recognition system," says Reg Furoy, bilingual training specialist for Kia Canada.

"It takes a look at the key words and matches what's closest. It links all the words together and takes a look at the sentence, so if you say 'play track two' or 'play Jukebox album six, track two,' it puts the words together and the software deciphers it."



Voice-activated systems were originally found only on very expensive vehicles. The user first had to train the system to recognize his or her voice, and had to memorize a specific sequence of commands. Newer systems now obey almost any voice, but still rely on the user knowing exactly what to say. By contrast, "What's playing?" is enough for UV0 to access

the audio system and determine the song. "If it's not sure (what you're asking), it will ask, 'Is this what you want?' and if you say no, it will come up with the second-best or third-best," Furoy says. "It will start training itself on the main commands that you use all the time. You won't use 1,600 different commands, but there are ones you'll use every day, and it will

Multilingual

In North America, the system will also recognize Spanish and Canadian French.

put them in priority when it has a choice, and go to those."

The system will also recognize two voices and set priorities for each one. If you're more likely to command the stereo, but your partner prefers to ask about the navigation system, UV0 will go to that set of priority commands when it hears each voice.

THE BIMMER AND A FEW MAD MEN

Like a lot of folks, my favourite television series at the moment is Mad Men. I'm not sure I like it because it's such a fascinating portrait of "ad agency" professionals operating in New York city in the early 1960s, or because I simply pine for the days when a man could smoke and drink at the office and had a secretary to type letters and fetch things.

And now I have another reason to like Mad Men — the advertising.

Last week, we watched the premiere episode of season four, and like the two previous season premieres, it featured a special advertising "vignette" by the series' title sponsor, BMW.

The vignette featured Martin Puris talking casually about the ad he created for the original 5 Series. Puris was the "creative" half of Ammirati Puris (BMW's first U.S. ad agency), and the man who came up with that iconic BMW slogan, "The Ultimate Driving Machine."

After his talk, they ran that historical 5 Series spot, followed by a new

spot for the all-new 5 Series.

The idea to feature Puris in this ad, and in another Mad Men vignette three years ago came from Pat McKenna, manager, marketing communications and consumer events, BMW North America. During our recent telephone conversation, McKenna told me that viewers have responded well to BMW's "wink" to the Mad Men narrative.

BMW only hauls out custom creative during the season premieres. The custom ad for the second season premiere actually featured Mad Men footage. "We pulled out 'new' technologies from Mad Men, like the rotary phone, slide projector, and the photocopy machine," said Pat.

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shinefactoryhalifax.com

Wise customers read the fine print: • * † ‡ § Canada's Hottest Model Event offers apply to retail deliveries of selected new and unused models purchased between July 21, 2010 and August 3, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. • \$24,999 Purchase Price applies to 2010 Ram 1500 Quad Cab SXT 4x4 (24+AGR) only and includes \$8,250 Consumer Cash Discount. See participating retailer for complete details. Dodge and Ram models are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. • 0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada. ScotiaBank, TD Financing Services and GMAC on most 2009/2010 vehicles and are manufacturer-to-retailer incentives. Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Example: 2010 Ram 1500 Quad Cab SXT 4x4 (24+AGR) with a Purchase Price of \$24,999. Pricing excludes freight (\$1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer order/trade may be necessary. Payments and financing term may increase or decrease with rate fluctuations. ABC offer not open to residents of Quebec. TD offer is not open to residents of Quebec. TD offer is not open to residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. • Based on calendar year to date market share gain. \$2,010 Dodge Ram 1500 Crew Cab Laramie 4x4 shown has a higher price than the 2010 Ram 1500 Quad Cab SXT 4x4.



2010 Ram 1500 Crew Cab Laramie shown.[§]

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2.75%[‡]
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2010 RAM 1500 SLT

- 5.7L HEMI[®] V8 with MDS and VVT, and 390 hp • Tire Pressure Monitoring display • Vehicle Information Centre with trip computer/temperature/compass • Remote Keyless Entry
- 20" Aluminum chrome-clad wheels • Class IV receiver hitch
- Uconnect phone with voice command



2010 Ram 3500 Crew Cab Laramie 4x2 shown.

2010 RAM HEAVY DUTY

- 350 hp @ 3,000 rpm • Up to 650 lb-ft @ 1,500 rpm
- Ram is the **only** Heavy Duty Diesel pickup in the market that **does not** require a diesel exhaust fluid (DEF) system to meet stringent 2010 emissions requirements
- Best-In-Class low-end torque
- Class-Exclusive standard integrated exhaust brake
- Nobody offers a better diesel engine warranty: 5 years/160,000 km

0%[†]

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Prelude to fun at wheel

► Drive satisfaction and reliability go hand-in-hand with model ► Reputation behind relatively high prices

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Like so many of its competitors, the Honda Prelude gracefully bowed out of the sports car scene after 2001, having become a casualty of low sales volumes and increasing fuel and insurance costs.

Interestingly, even some years later, the last-generation of Honda's coupe still commands relatively high premiums in the used market as a reliable and relevant sports car.

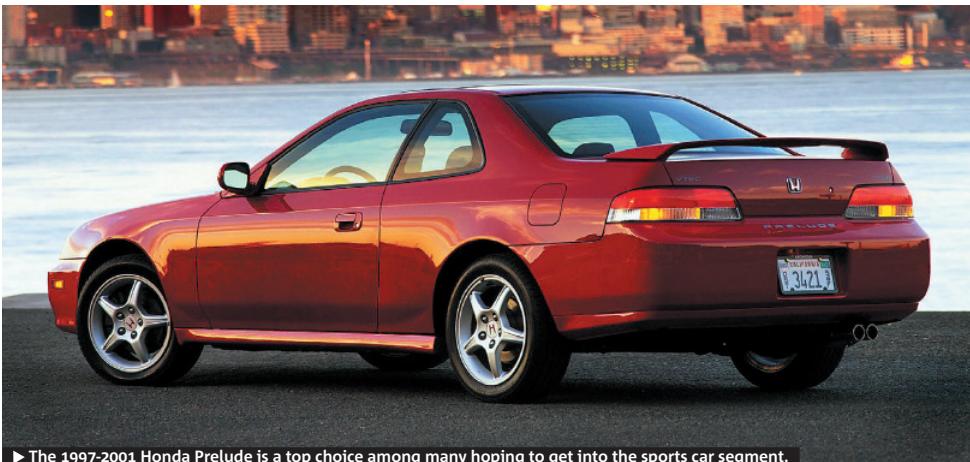
The fifth and last generation of the Prelude hit the scene in 1997, and all models were two-door, four-seat front-drive units with four-cylinder power. Said power came from a 2.2 litre VTEC

The specs

- MODEL 1997 to 2001 Honda Prelude
- VEHICLE TYPE Coupe
- APPROXIMATE USED PRICE RANGE \$5,500 to \$10,000

engine with 195 or 200 horsepower, depending on model year. A manual five-speed transmission was standard, and a four-speed automatic was available optionally, and featured manual-mode shifting.

Features included ABS disc brakes, air, a sunroof, leather seating, and a CD-changer audio system. Exceptional handling and braking were part of the package. Prelude mightn't be Honda's most practical used model — but many an owner say their ma-



► The 1997-2001 Honda Prelude is a top choice among many hoping to get into the sports car segment.

chines deliver reliable driving enjoyment, day in and day out.

What Owners Like

Power, handling and driving dynamics were among the last-generation Prelude's most highly rated attributes according to

owners. Reliability and fuel mileage are well-rated, too.

What Owners Hate

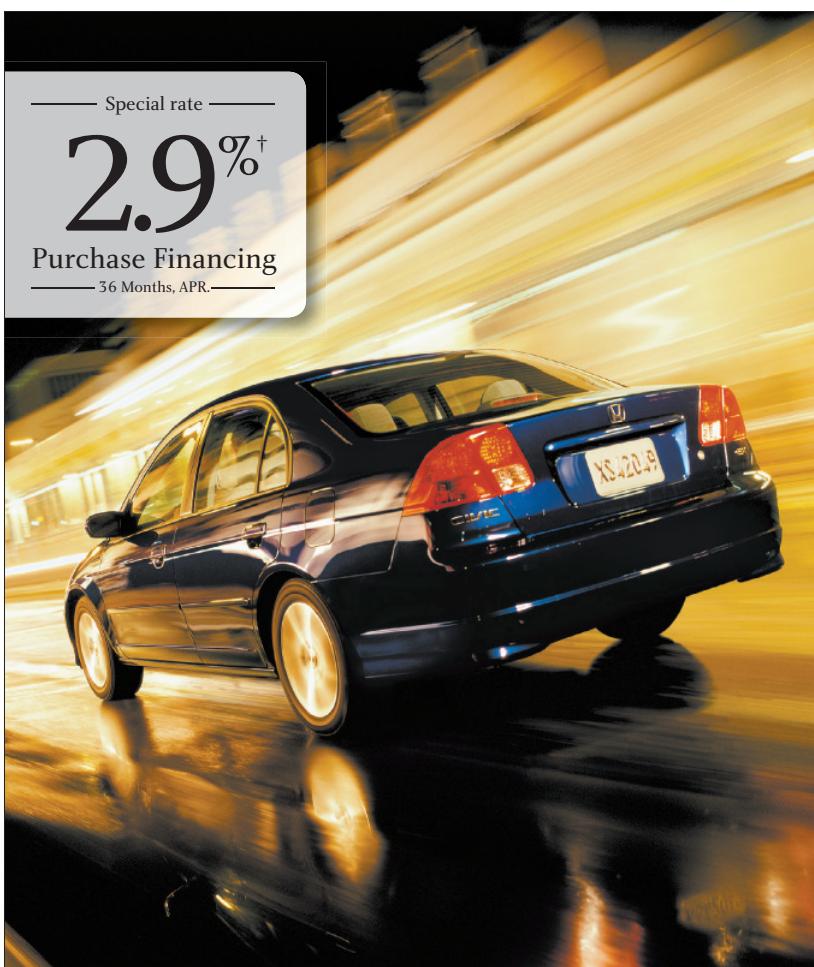
Prelude's most common gripes centre around limited interior and cargo space, squeaks and rattles over time, and a rough ride on some surfaces.

Common issues

Prelude doesn't seem to suffer from any glaring or systematic problems, though several checks are advised. The Prelude's H22 engine used a timing belt tensioner that could be a

source of grief in the event of a malfunction that allows too much slack in the timing belt. This could cause skipped belt teeth and even potentially fatal engine damage.

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2.9%[†]
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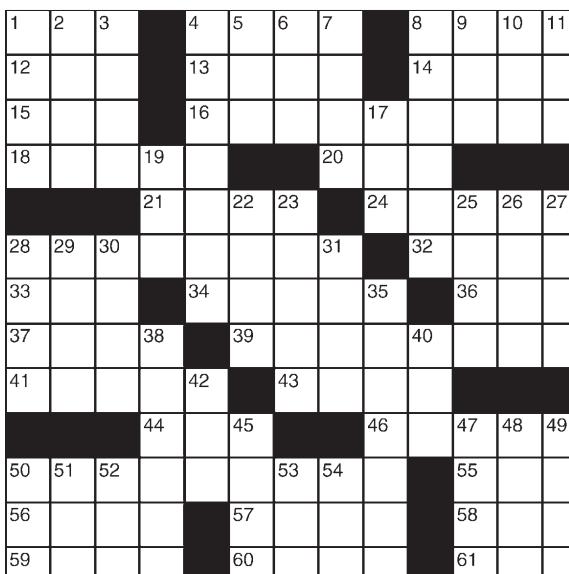
- 6-yr / 120,000-km transferable powertrain warranty
- 7-day / 1,000-km exchange privilege
- 100+ point inspection

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Crossword

Across

1 Plead
4 Milky gem
8 Vocal comeback
12 Water (Fr.)
13 Hill counterpart
14 Frog's cousin
15 Misstep
16 Give special emphasis to
18 Downright
20 Thither
21 Creche trio
24 Gunpowder ingredient
28 Ancestral place
32 Pop flavor
33 "The — Daba Honeymoon"
34 "— di Lammermoor"
36 Snitch
37 Lima's country
39 Cell's ancestor
41 Graceful young woman
43 Marquis de —
44 Constrictor type
46 Hindu prince
50 Solid hit
55 Have bills
56 Concept
57 "Piggies"
58 Simple card game
59 Bard
60 Seeks damages
61 Caustic solution



Down

1 Gridlock sound
2 Count counterpart
3 Ashram leader
4 Eccentric
5 Standard
6 "The Greatest"
7 Tax
8 Cultural, in a way
9 Bill and —

10 Scenery chewer
11 Praise from 59-Across
17 A billion years
19 Sra., across the Pyrenees
22 Old name for France
23 Pizarro's victims
25 Actress Spelling
26 Verve
27 Assessment
28 Chances
29 Do as I say
30 Crumbly clay deposit



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

Aries March 21-April 19 If you work with other people today you will achieve something special. If you work against them you won't get anywhere. It's that simple.

Taurus April 20-May 21 Your destiny is not set in stone and anyone who tries to tell you that it is should not be considered a friend. Whatever it is you most dream of doing now is the best time to start it.

Gemini May 22-June 21 Time is on your side and if you take your time you will achieve everything you set out to achieve, so don't rush things. .

Cancer June 22-July 22 You may be in the mood to take risks but today's Mars-Jupiter

link warns there is more at stake than you seem to realize.

Leo July 23-Aug. 23 You are allowed to have fun you know. You may have to push yourself to go out and do the things you enjoy today but once you start you won't want to stop. This is your time of year, so make the most of it.

Virgo Aug. 24- Sept. 22 You may not be the type who gets carried away easily but something will spark your passion today and soon everyone will know what it is you are so enthusiastic about. reaktion dăr

Libra Sept. 23-Oct. 23 If you are feeling a bit down throw yourself into an activity that requires your full attention. Be-

fore you know it you will have forgotten all about your worries.

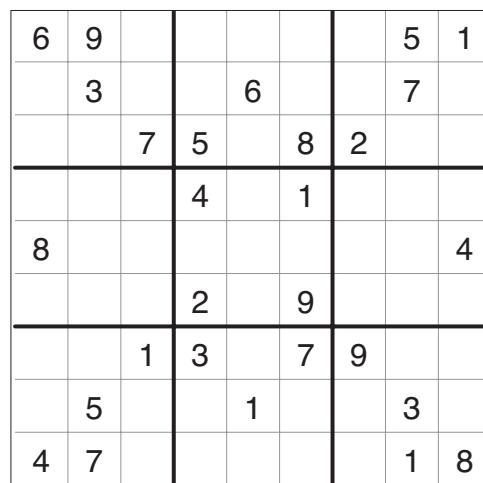
Scorpio Oct. 24-Nov. 22 A quick decision is a must, but will it be the right decision? That remains to be seen, but with Mars opposing luck planet Jupiter even if you get it wrong it will somehow work out for the best in the end.

Sagittarius

Nov. 23-Dec. 21 You will go on the attack today and, almost certainly, you will win whatever battle it is you are engaged in. Be careful you don't go too far and destroy a friendship.

Capricorn Dec. 22-Jan. 20 You want to make a name for yourself and move up in the

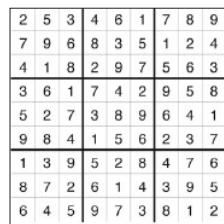
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today

Rain

23° / 18°



Thursday

Variable

27° / 18°



Friday

Showers

26° / 14°



Caption contest

"Definitely a hair-raising experience for us!"
MARIA DECRUZ



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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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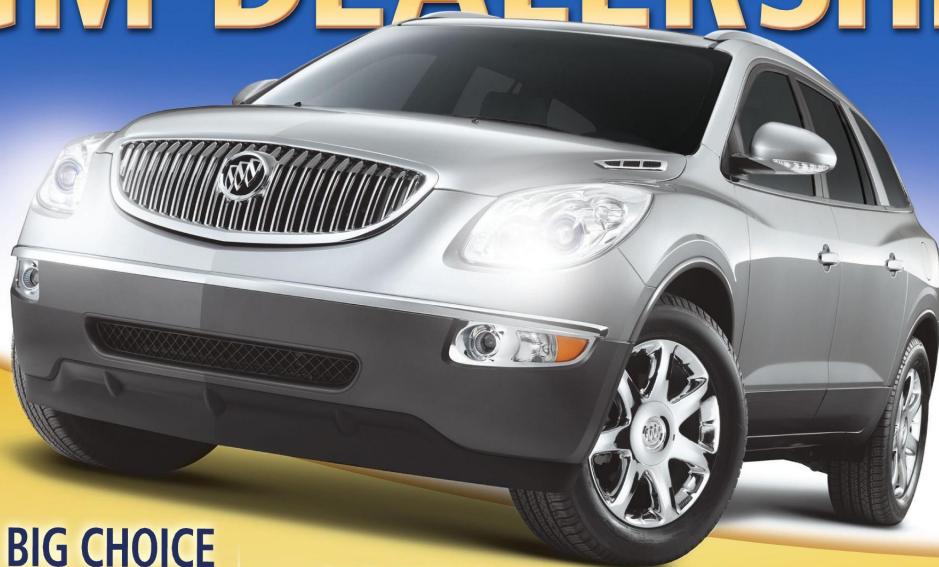


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